4 Medical squadrons team up for exercise

5 Beware of old man winter

6) Go for "In-Compliance" on next UCI

Family Support information is available for 911th members and their families by calling 1-800-235-7780 or (412) 474-8544





32nd deploys to Manas, Kyrgyzstan

by Tech Sgt. Jessica Benigni NCOIC Public Affairs



Photo by Tech. Sgt. Jessica Benigni

Members of the 32nd Aerial Port Squadron undergo self-aid and buddy care training in preparation for their January deployment to Manas, Kyrgyzstan.

The 32nd Aerial Port Squadron deployed 21 Airmen to Manas, Kyrgyzstan in early January. This deployment is unique because Manas is one of four locations chosen by the 22nd Air Force, as opposed to a location being assigned to the squadron. Most deployments, Airmen don't have a choice in where they go, however this one is unique for that reason.

The 32nd APS combines with the 27th Aerial Port

from Minneapolis, Minn., and members from Niagara and Dobbins, Ga., totaling 58 reservists. Another unique aspect is that no active duty personnel are participating in this operation.

Airmen of the 32nd APS conducted training in selfaid and buddy care, chemical warfare, CPR, weapons and flight line training in preparation for their deployment. They will be in-country for approximately 120 days, and when their tour is complete and they return home, 20 more Airmen from the 32nd will deploy to Manas. This will repeat over the next year.

"We're basically going to own Manas Airbase for one year," said 2nd Lt. Jonathan Greer, 32nd Aerial Port Squadron's officer in charge.

Some members of the 32nd just returned from a deployment consisting of several months spent rotating between Germany, Kuwait and the states. Eleven of these Airmen deployed again in January to Manas.

Second Lt. Greer said, "It's exciting to get the opportunity to do this mission, but it's not so exciting leaving family behind of course. This is a very exciting mission however, because we're making history. As reservists, we don't often get the pats on the backs we deserve like active duty Airmen do. Since there are no active duty personnel participating in this operation, we have an opportunity to show we are just as good, if not better than them."

At home at the 911th, the 32nd APS's job is mainly to pack parachutes. Greer said the deployment to Manas will have the squadron moving passengers, equipment, Hazmat, cargo and mail on board C130s, C5s, C17s and commercial aircraft.

"Our mission is to re-supply Afghanistan," said Greer. "We also move distinguished visitors and media."

Aimen of the 32nd APS said they are glad to have been home for the holidays, and though they are sorry to have to leave again, are excited about this unique historical deployment.





Commander

Col. Randal L. Bright

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Maj. Maryann McQuade

Editorial content and photographs provided by 911th Airlift Wing, Public Affairs, Pittsburgh IAP ARS, 2475 Defense Ave., Coraopolis, Pa. 15108-4403. 911th AW web page address:

http://www.afrc.af.mil/911aw

Commander's Corner

Above reproach

First, I'd like to thank all of our Airmen who have been on active duty orders during the last couple of years for their outstanding job performance. You definitely represented the 911th Airlift Wing and the Air Force Reserve in a manner that would make anyone proud. I'd also like to give thanks for the fact that every one of you returned home safe and sound. And, I pray that all who are deploying now will return safe as well.



Lt. Col. Kenneth Honaker

I also want to thank those who might not have been activated or deployed; your hard work and dedication were just as important to the mission. You kept things running smoothly back here, and for that you are commended.

Second, I would like to briefly discuss our Air Force Core Values: Integrity...Service before self...Excellence in all we do. What does it actually mean when we say these words and make the commitment to live by them? After all, they are just words. Aren't they?

A word is just a word, like any other on the page, until you take a closer look and begin to grasp the meaning of it. Take for instance, integrity. You would probably find the definition in a dictionary to be something like, "...a firm adherence to a code of especially moral or artistic values." One of my favorite definitions for integrity is, "Doing the right thing, even when no one is watching."

Putting the two definitions together, we could say that "Integrity is a code of conduct we've agreed to uphold even though no one may be watching." And, we've all agreed to this code of conduct when we signed the "dotted line" as a member of the Profession of Arms.

The core value, "Service before self," places us in a very unique group. How many other professions do you know of where individuals are willing to give their lives for the protection of their country and its citizens?

"Excellence in all we do" is not just a phrase, it's a lifestyle. It's a statement that says, we are giving it our best everyday; at work, home, or even at play. It's not something to be taken lightly and only considered on a drill weekend, or when on annual training status. It's a day-in and day-out reflection of who we are as members of this elite group.

The 911th lives by these core values and that's why I'm so sure of how well we will do in the upcoming Unit Compliance Inspection. If we all continue to strive to live by our Air Force core values, there is not an inspection, exercise, test, work assignment or deployment that can not be met with the best of outcomes.

This UCI is one of our opportunities to show off and let the inspectors know just how good we really are. We performed outstandingly in the desert and around the world; and, now we have the challenge of proving to the inspectors that it wasn't just a bunch of "smoke and mirrors." We are the best at what we do, so let's not be shy about it.



Letter to Airmen: Persistent Situation Awareness in Resource Management

by The Honorable Michael W. Wynne Secretary of the Air Force

It is truly an honor to serve with you as the Secretary of the Air Force. One of my goals from the first letter to you was to emphasize persistent situation awareness — that is, constant examination of our processes in order to recognize better ways of accomplishing the mission. This note is a part of that process. After 15 years of continuous engagement, our Air Force finds itself in an operating environment that requires us to examine all mission areas, from platforms to



personnel, for stresses, inefficiencies, and strains that we must identify and correct through persistent situation awareness. General Moseley laid out a clear set of priorities: winning the war, recapitalizing our Air Force, and providing our Airmen with the skills and training they need to maximize their effectiveness. Advancing these priorities will require each of us to become better resource managers in an increasingly tight fiscal environment. This long war has taken a toll on our equipment. We are attacking this from two directions; first by expanding the use of LEAN concepts beyond the depots and maintenance operations into the flightline and the office, and second by providing tools to commanders and supervisors to monitor and control resources across the Air Force, whether at a Squadron, Wing, or MAJCOM level.

In examining our personnel requirements, our findings mirror what is also occurring in corporations all across America. Specifically, the productivity of our people and the increased capability of our systems have to be balanced against capability within our organic strengths. These are the types of inequities that we must correct. I want to ensure that all Airmen – as well as our partners in industry – are performing duties that are relevant and necessary, so that an Air Force career and the work of our industrial partners is both rewarding and challenging. We must analyze all of our operations to look for opportunities to eliminate waste in terms of time and materials, while increasing productivity and continuing to challenge ourselves. We need this focus to ensure we allocate our resources in the most efficient manner and thereby maximize the resources available for the critical task of recapitalization.

Change is never easy. These actions will challenge you over the next few years, and I need all Airmen to contribute in order to ensure success. We remain committed to the total force and will be working through the specific details of the changes to come as the budget and the Quadrennial Defense Review are completed. As these emerge, we will continue to communicate with you as you strive for persistent situation awareness. We are reminded daily of your commitment to our first priority – winning the war. I am honored to serve with you and seek your continued dedication.

QUEK CUPS

Annual Awards Banquet

Pick up your tickets now for the Annual Awards Banquet, scheduled for March 4, at the Crowne Plaza Hotel located at 1160 Thorn Run Road, Coraopolis, Pa.

Tickets this year will be \$30 each and can be purchased from your first sergeant.

The guest speaker for the event will be Air Force Reserve Command Chief Master Sgt. Jackson A. Winsett.

Entertainment will be provided this year by the Air Force Reserve Command Reserve Generation Band. They will be performing top 40 hits for your listening and dancing pleasure.

Blood drives

There are two new programs offered through the Central Blood Bank for donors during the Feb. 12th and 15th blood drives.

First, a \$25 Sheetz gas card will be given away on both dates.

Second, new donors can fill out a card which gives them two chances to win a plasma television. The promotion ends Feb. 28 and winners for the two plasma TVs will be selected March 3.

You can give blood, Feb. 12, from 7 a.m. - 12:30 p.m. or Feb. 15, from 8 a.m. - noon.

Call Maj. Sharon Johnson at (412) 474-8097 for more information.



911th medical units unite for training

by Staff Sgt. Christopher Johns 911th Aeromedical Staging Squadron

Typically, the 911th Aeromedical Staging Squadron (ASTS) and 911th Aeromedical Evacuation Squadron (AES) perform exercises in their separate and unique squadrons. Most recently though, they decided to unite in their efforts and engage in a mass casualty patient movement exercise.

Patriot Care 2006 instituted several exercise attack scenarios, and incorporated real-world patient movement alongside simulated injuries and treatment.

As the ASTS prepared to launch their ground movement mission, AES nurses obtained information regarding patients' injuries, types of medications, and special needs considerations for their "flight." The patients were then transported by bus and ambulance to an awaiting C-130. The AES medical technicians received numerous "patients" from ASTS litter carriers who assisted the aircrew members in loading the patients onto litter stanchions for "transport."

Behind the scenes, medical administration personnel from both squadrons provided the necessary "network backbone" for the exercise. Adminis-

trative personnel were responsible for tracking patient conditions, aircraft landing and takeoff times, as well as patient loading plans and numbers. All communications and movement throughout the exercise were coordinated through these control centers.

The 2006 Patriot Care joint exercise incorporated the 911th Airlift Wing's civilian Emergency Medical Services Provider, Valley Ambulance Authority, for the first time in its history. Two civilian paramedics and Emergency Medical Technicians were able to interact with their military counterparts in order to gain a better understanding of what our patient mission is.

The Valley Ambulance personnel also brought along two ambulances, which afforded AES and ASTS personnel the opportunity to check out loading and unloading

options on civilian equipment.

Also supporting the exercise was the 99th Regional Readiness Command, United States Army Reserve. The 99th RRC provided several two and a half ton trucks as well as two High-Mobility, Multipurpose Wheeled Vehicles, also known as Humvees. These vehicles were utilized during patient movement portions of the exercise, to simulate the vehicles of opportunity that ASTS personnel may be forced to use in the field. The trucks also afforded the opportunity to train and certify personnel on the operation of these military vehicles.

"I think it was a good exercise, all the way around," said Maj. Mike Fath, senior air reserve technician (ART) with the AES. This opinion was mirrored by the majority of participants during the post-exercise hot-wash.

ASTS Medical Readiness officer Maj. Bethanne Meyer-McCabe said, "I think everything went very well. Everyone exhibited a positive attitude throughout the exercise." Several issues were discussed on how to improve exercise safety and content.

Planning for the Patriot Care 2007 exercise is already underway.



Photo by Staff Sgt. Christopher Johns

After transporting a patient to the flight line during Patriot Care 2006, litter carriers from the 911th Aeromedical Staging Squadron prepare to on-load a C-130 Hercules. Standing by in the aircraft were 911th Aeromedical Evacuation Squadron personnel tasked to take over the care of the incoming patients.



Although January has been fairly mild, no one knows what old man winter has planned. Freezing winds from the north? Wind chills below zero? It's best to be prepared for the worst case scenario; keeping an eye on those winter advisaries. One way to be prepared is to know how to prevent frostbite and another, what to do if it occurs.

We all heard of frost bite, but do we really know what it is or what it does? Frost bite is the temporary (superficial) or permanent (deep) skin tissue damage caused by prolonged skin-tissue temperature of 23 degrees F and below. Frostbite is the freezing of skin and damage to underlying blood vessels upon exposure to extreme cold.

Staying out of extreme cold weather temperatures for prolonged periods is the best way to avoid frostbite. Dressing warm and layering clothing is always helpful. Also, keeping additional clothing and blankets in your vehicle can prevent a bad situation from becoming worse.

Now that we know some ways to prevent it, let's find out what frostbite is, what it can do, and what measures we can take if frostbite occurs.

Blood flow halts in frostbitten skin, and the area must be thawed and rewarmed swiftly to prevent tissue death (gangrene) and infection. The ears, nose, hands, and feet are particularly susceptible.

Frostnip, a superficial freezing of the outer layer of the skin - also can occur if you are exposed to cold weather. The skin turns white as blood circulation decreases, then stings, and becomes quite painful. Frostnip can occur during vigorous outdoor activity and you may not be aware of it until you stop exercising.

The risk of frostbite increases with impaired circulation. Those with peripheral vascular disease or diabetes mellitus and those taking beta-blocker drugs are more vulnerable.

Common warning signs include a progressive numbness and a loss of sensitivity to touch. The affected area will also tingle or feel as if it is burning. As the condition worsens, the pain begins to fade or eventually disappear. The skin also changes color when exposed to extreme cold. It blanches, then may appear red, and finally white-purple if allowed to freeze. Most people say the affected part of the body feels "wooden," and it may appear to have a wooden texture.

In mild cases, full recovery can

be expected with early treatment.
Severe cases of frostbite can result in infection, or gangrene - the death of some body tissue due to the lack of blood supply.

When you first notice signs of frostbite, come out of the cold immediately and rewarm the affected area as rapidly as possible.

Do not rub the skin in an effort to get blood flowing back to the area. This causes friction and will destroy the already damaged skin and underlying tissue, as well as increase the risk of infection. To thaw frostbitten skin, immerse the affected part in a bath kept at a constant temperature of 104 to 105 degrees F for an hour or more. This will cause the blood vessels to dilate and circulation to return to the area.

Rapid rewarming is an intensely painful procedure. Take two ibuprofen, aspirin, or acetaminophen to dull the pain. Do not smoke or chew tobacco. Nicotine constricts the blood vessels, reduces blood flow to chilled areas, and delays the healing process.

If you do not have access to warm water, stick the frozen body part under an armpit or between the thighs. When the skin has thawed and rewarming is complete, cover the damaged skin with bandages and warm clothing. Contact your doctor or go to an emergency room.

The above information was gathered from healthscout.com and compiled by the 911th Airlift Wing Safety Office, where your safety is the focus.





Remain focused: "In-Compliance" our only option

by Lt. Col. Prospero Castellucio 911th Airlift Wing Performance Management Office

An In-Compliance grade on a Unit Compliance Inspection (UCI) is well within the grasp of all 911th Airlift Wing units. During a UCI, inspectors evaluate compliance with Public Law and Department of Defense and Air Force directives. The UCI team will use a three-tier grading system: *In-Compliance, In-Compliance with Comments, or Not-In-Compliance*. Here are the steps to success:

- Start preparations early. The road to success begins five to seven months prior to the inspection date. Commanders should assemble their unit's key players early. By being proactive, units have time to fix problem areas. Some units may need to overhaul their records, provide necessary training or upgrade security investigations.
- Use the checklists. At the 22nd AF Web site: https://www.mil.afrc.af.mil/22AF/checklists.asp, units can find the

checklists used by the evaluators. These checklists will help you determine your unit's compliance with programs in many different support areas, as well as Air Force-level special interest items (SIIs) at the AFRC Web site: https://wwwmil.afrc.af.mil/HQ/IG/igi/sii.html

- Conduct regular UCI preparation meetings. Unit leadership should meet frequently with their program managers and division chiefs to address potential deficiencies and set suspense dates for corrective actions.
- Monitor self-inspections closely. An Outstanding rating can be achieved only when the unit complies with nearly every inspectable item. Double check each item before crossing it off of the self inspection checklist.
- Remember your results from our 22nd AF Staff Assistance Visit (SAV), August 19-23, 2004, and build upon them. Everyone has a

tendency to believe a problem is fixed within their own program. Make sure by reviewing your SAV observations.

- Take "oral exams." Units should conduct mock interviews to help personnel prepare. By giving members the opportunity to verbalize answers and talk about their programs, they will approach the inspection with increased confidence.
- Know your strong programs as well as your weak ones. Be sure that members talk up programs the unit is proud of. If a program is weak, demonstrate how the unit is getting it up to speed.
- Research current UCI trends. In addition to UCI checklists, the HQ AFRC/IG Web site: https://www.mil.afrc.af.mil/HQ/IG/igi/reports.html provides access to reports from all past UCIs.

With this resource, units can learn more about trend areas to help focus their efforts. By taking these steps, you can assure yourself success on the next UCI, scheduled for May 30 - June 4, 2006.

Come help celebrate Black History Month

The 911th Airlift Wing will be celebrating Black History Month with a lunch buffet at Club Cargo Bay (Base club), Feb. 22, beginning at 11:15 a.m.

Lt. Col. Anthony Baity of the 514th Maintenance Group at McGuire Air Force Base, N.J., will be the guest speaker for the event. His program is titled, "Leadership in the Age of Diversity."

During the luncheon, sevenyear-old, Shailen Abram will play several piano selections of music. There will also be displays from various organizations such as the NAACP, Moon Library, and Youth Scholarship Opportunity from Blacks in Government.

Tickets for the luncheon can be purchased from Ms. Michele Schillig, (412) 474-8607, or Mr. John Pavlot, (412) 474-8531, at a price of \$6 for club members and, \$7 for non-club members. Tickets must be purchased by Feb. 14. A ticket is only required if you're planning to each lunch. (PA)

Lunch Menu

Southern Fried Chicken
Pulled Pork
Black Eyed Peas
Corn
Greens
Cornbread
Desert: Sweet Potato Pie &
Cookies
Beverages: Tea, Iced Tea,
Coffee, Lemonade, Water



The Inspector General says...

Air Force military and civilian members have a duty to promptly report Fraud, Waste and Abuse (FWA) or Gross Mismanagement.

Fraud — Any intentional deception designed to unlawfully deprive the Air Force of something of value or for an individual to secure from the Air Force a benefit, privilege, allowance, or consideration to which he or she is not entitled.

Waste — The extravagant, careless, or needless expenditure of Air Force funds, or the consumption of Air Force property resulting from deficient practices, systems controls, or decisions. The term also includes improper practices not involving prosecutable fraud.

Abuse — Intentional, wrongful, or improper use of Air Force resources. Examples include misuse of rank, position, or authority that causes the loss, or misuse, of resources.

Gross Mismanagement — A management action or inaction that creates a substantial risk of significant adverse impact on the organization's ability to accomplish its mission. It is more than mere, trivial wrongdoing or negligence. It does not include management decisions that are merely debatable, nor does it mean action or inaction that constitutes simple negligence or wrongdoing. There must be an element of blatancy.

Members should attempt to resolve Fraud, Waste and Abuse issues and personal complaints at the lowest possible level using command channels before addressing them to a higher level or the Inspector General (IG).

The immediate supervisory command chain can often resolve complaints more quickly and effectively than a higher level not familiar with the situation.

The IG system should be used when referral to the command chain would be futile or there is fear of reprisal.

911 Airlift Wing IG:

Col. Jon Burgess, (412) 474-8133 (Military) Lt. Col. Steven Clayton, (412) 474-8136 (Civilian)

AFRC FWA Hotline: Toll free (800) 223-1784 extension 7-1513

> SAF/IGQ FWA Hotline: Toll free (800) 538-8429

> > DoD FWA Hotline: (800) 424-9098

Elimination of drug abuse in the military

Being a military member and doing drugs is probably one of the quickest ways to ruin a career. With mandatory random drug testing, it's only a matter of time before you get caught.

Two decades ago, the military was confronting a massive drug problem. In some outfits and overseas bases, the number of drug abusers topped 3.5 percent. In a few places the scourge had engulfed half of the personnel. Each military service had problems with illegal drug usage and the percentage rates showed it: Army, 29 percent; Navy, 33 percent; Marine Corps, 37 percent; and Air Force, 14 percent.

Upon assuming command of NATO forces in 1974, General Alexander Haig was appalled by the amount of drug abuse that he found among the American units in Europe. Ill trained, ill disciplined, sometimes disoriented military personnel were entrusted with some of the most sensitive and powerful technology in the American arsenal.

General Haig along with General Barry McCaffrey, the current White House drug czar took up arms in one of the military's most successful operations—that war against the illegal drug epidemic which infected one in three soldiers.

Under General Haig's leadership, the military, decided a "get tough" program to stop the menace was needed. Though many special programs were put into place on an urgent basis, the centerpiece of the effort in all the services was mandatory, random urinalysis; three million of which are performed annually. The root philosophy was one of deterrence more than detection.

Today nearly twenty years after the program began the U.S. Armed Forces have come back from being nearly mortally wounded by drug abuse to being essentially drug free.

A survey conducted by the U.S. Department of Defense of health related behaviors among military personnel shows significant reductions in illicit drug use since 1980 moving the numbers from 27.6 percent to three percent in 1995.

The above information was taken from excerpts in Gen. Alexander Haig's autobiography and a Department of Defense Survey of Health Related Behaviors.





Master Sergeant James Donnelly

Unit: 911th Logistics Readiness Squadron

Job: Fuels Supervisor, Training Manager

Job Scope: Supervise the distribution, storage, and quality control of aviation and ground fuels.

Most demanding job aspect: **UTA** scheduling

Most rewarding job aspect: When a plan comes together

Hometown: Derry, Pa. **Hobbies:** Hunting/Fishing Favorite food: Wings

Favorite music: ACDC. rock Favorite movie: Office Space Who'd play you in a movie?

Russell Crowe

Favorite TV show and why? South Park because it's funny

Favorite saying: "I'll be back at dark."

If you weren't working right now, what would you be doing? Hunting

UTA Schedule

March 4 - 5

April 1 - 2

May 6 - 7

Promotions

To Airman: Katrina Alexander. 911th LRS; William Ridge, 911th MXS; Rebecca Holyfield, 911th MOF; Jeremy Noel, 911th CES; Jamie Perry, 911th AW; Michael Kilmer, 911th MXS;

To Senior Airman: Steven Breitenstein. 32nd APS; Dwight Daniels, 32nd APS; Richard Strickland, 911th CES; Timothy Walsh, 911th SFS; James Young, 911th CES;

To Staff Sergeant: Mark Bryan, 32nd APS: David DeFrank, 911th CS; Rafael Diaz,



32nd APS; Natalie King, 911th ASTS; Brantly Thaxton, 911th AMXS; Melissa Sue Pflanzer, 911th MXS:

To Technical Sergeant: Matthew Byron, 911th AES; Andrew DeFrancis, 911th AMXS; Joseph Krampy, 32nd APS; Joseph Preston, Jr., 911th MXS; James Yonkoske, 32nd APS;

To Master Sergeant: Terry Elias, 911th AMXS; Phillip Saunders, 911th AMXS; Todd Deyoe, 911th CS.



The Pittsburgh Key Spouse Group up and running

The purpose of the group is to provide support to the members and families of the 911th Airlift Wing. We are looking for anyone from the base who is interested in meeting new friends, wanting to keep in touch with happenings on the base, and volunteering their time or services.

An Executive Board was formed. President: Brenda Honaker, (318) 465-3741; Vice President: Linda Fields, 724-775-8640; Secretary: Jenna Johns, (724) 991-2584; Treasurer: Julie Dilion, (724) 355-3144, Advisor: Amy Bright, (724) 307-3102; Newsletter Editor: Jill Hurley, (412) 262-3821; Newsletter Co Editor: Chelsea Sargent, 412-264-5730. Please feel free to contact any board member with questions or concerns.

** Please note: The green respite care vouchers (\$50 value) or yellow UTA child care vouchers (\$50 value) will be valid until June 1, 2006. Families received these vouchers from the 911th Family Support Office.

911 AIRLIFT WING/PA PITTSBURGH IAP ARS 2475 DEFENSE AVENUE **CORAOPOLIS PA 15108-4403**

OFFICIAL BUSINESS

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